

The Peregrine Centre Rural Mental Health Podcast

Episode 20. Getting Started with Motivational Interviewing

Speaker Key:

DR Dayle Raftery

TM Tara McGregor

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Intro Hello. I'm Dr Rebecca Sng, director of The Peregrine Centre. As we begin this episode of The Peregrine Rural Mental Health podcast, please join me in stopping to consider the land beneath your feet. Let's take a moment together to acknowledge the traditional owners of that land. We pay our deepest respects to the elders of the past, those of the present, and the emerging elders of tomorrow. The Peregrine Rural Mental Health podcast is brought to you as part of our rural mental health partnership with New South Wales Health.

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DR Hello, and welcome to this month's episode of the Peregrine Rural Mental Health podcast. I'm Dayle Raftery. I'm a Clinical Psychologist and Research Associate at the Peregrine Centre. Today on the podcast we're talking Motivational Interviewing. What it is, what it isn't, and how to get the most out of it with your clients.

Joining me today is Tara McGregor. Tara is a counsellor, psychotherapist and an accredited practising dietitian, and is a member of the Motivational Interviewing Network of Trainers. Welcome Tara. Would you like to introduce yourself, and just provide a little bit of background for our listeners?

TM Yes, absolutely. And thank you very much for inviting me to be part of this podcast. As you've already said, a little bit about my professional background. I've been working in health for a very long time. It's sometimes hard to believe, how long. And I do credit Motivational Interviewing for actually the longevity and the sustainability of my practice.

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I started off as an accredited practising Dietician, back in the early 90s working in hospital settings, and community settings. I did that for about ten years. I then moved into counselling and psychotherapy, and then ended up combining the two, specialising in helping people who are experiencing eating disorders.

And just for the past year, 18 months or so, I've actually wrapped up my clinical practice, and now I solely focus on teaching and training, and supervising health professionals who work in challenging behaviour change settings. Part of my focus in that role is training and coaching, and Motivational Interviewing.

DR Lovely, thank you. I'm actually really excited Tara, to have someone with a background as a dietician on the podcast. Typically, we wrangle our clinical psychology colleagues on the podcast. So, it's really exciting to have someone from a bit of a different pathway through, and to talk about Motivational

Interviewing, how broad it can be, the areas in which we can use it. I'm quite excited.

So, this episode is part of a larger series, called Getting Started With, all about providing an introduction to different modalities, and skills, that mental health practitioners can use with our clients. So, to start us off, Tara, could you just give us a little background on Motivational Interviewing.

TM Yes, absolutely.

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Motivational Interviewing is 40 years old, or 40 years young. Maybe I should be saying. I don't know, it depends which perspective you have. But really in that time, has experienced exponential growth, through really quality research that has identified its utility and usefulness across behavioural change settings. But it all started back in the 80s with Bill Miller noticing the impact of accurate empathy on assisting people with problematic drinking behaviours, go in directions that were better for their health.

And he published information about this, focussing on the two core ingredients of what ended up being Motivational Interviewing. Which was, be empathic with your clients, and let them make the argument for change. Goodness, just to cut us a long story short, over the 40 years that transpired since, an enormous amount of research, we're now sitting on 1,800 clinical trials, has confirmed the usefulness and the evidence base of Motivational Interviewing.

Particularly through the application of researching the language of Motivational Interviewing. Not just the language of the client, but the language of the practitioner. Through really understanding what it is in Motivational Interviewing that seems to drive better outcomes.

We have come to understand that focusing on language and really supporting the utterances of the client, that are in a pro-change direction, makes a huge difference. And what we do as the practitioner can influence that. Four editions of the textbook, written by Bill Miller and his collaborator, who interestingly he met not spontaneously, what's the word for it, when you just bump into somebody, Dayle?

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DR Coincidence?

TM It's a coincidence. Yes, when they met coincidentally, both on sabbatical in Australia. And Stephen and Bill Miller collaborated on the first edition of Motivational Interviewing, back in 1991. And since then, we've had four editions of the book, the most recent one coming out in August of this year.

Motivational Interviewing started in the addictions area but is now applied across all sorts of areas of human endeavour, where behaviour change is a resource. So, across all areas of health, teaching, coaching, leadership, management, mentoring. As I said, anywhere where behaviour change is a pivotal piece of what's actually occurring that has benefit for the human being.

And I think that this breadth of application is really represented in the subtitle of the new book, which is Motivational Interviewing, Helping People to Change and Grow. Recently, the, and grow, has been added in this edition. So, it's really exciting for me as a MI practitioner.

DR Lovely. Yes, one of the things I do like about Motivational Interviewing, is it's really just about listening properly. And picking up on those little cues from our clients, that they want something different as well. And helping them notice that. It's a very powerful skill, when we just listen without an agenda.

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Okay, so I've asked you to bring along five resources that you think would be helpful for someone beginning or looking to upskill their Motivational Interviewing practices. What's the first resource you've brought?

TM Dayle, the first resource I bring is one that I probably have to mention, I have a conflict of interest in this. Because I myself am a MI Trainer. But stepping aside from that, one of the best things a person can do, to resource themselves in getting to know Motivational Interviewing, is to step into it. Go to an experiential training. And there are trainings available throughout Australia.

You can also do international ones as well. Jump in, and actually do it. Go in with the beginner's one, is this something that is appealing to you? What do you like about it? What feels real? What's aligned with what you've come to understand about behaviour change, and what you've noticed with your clients.

Let MI show itself and from there, probably a little bit of coaching and guiding is going to be required to help you further ahead in an MI direction. But absolutely, start with an experiential training. And the evidence says that experiential training changes your practice when you intend it to. And that can lead to better outcomes for your clients.

DR Oh, wonderful. I'm wondering how we might go about identifying experiential training. Because I absolutely get practicing the skills in the moment will help and that sometimes we get a bit more didactic training. What would you be looking for, do you think?

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TM Well, I think when a recorded training is offered, usually that's going to be principally focussed on didactic and self-reflection. Self-reflection can take the experiential learning up a notch. But it's when you're actually thrown in with live people, whether that be in a room, or online. And that the training involves practice. And demonstration, and reflection. And practice, and demonstration and reflection. Repeat, repeat, repeat. If you're not sure, ask the trainer.

The other thing I was going to say too, is going to really help you identify good training, is when the trainer is a member of the Motivational Interviewing Network of Trainers. Because when we all enter the organisation, we honour the philosophy that we need to use MI to teach MI. MI at its core is a very genuine conversation. And so, engaging with somebody who can teach you through using it, is going to elevate your learning experience radically. So, that would be

the two key pointers, that I would suggest, someone look out for in terms of identifying a great resource.

DR Yes, lovely, thank you. And your second resource is kind of along the same line, and I quite like it. Can you tell us about your second resource?

TM Yes, my second resource is you. Not you Dayle, but you the listener. The second resource is you and your ears. So, tune in to what you're hearing. And if you have the opportunity to, actually record your sessions, and tune in to what you're saying. It's easier to do that in the rearview mirror, if we can bear the sound of our own voice, which is never pleasant.

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But actually, tune in, how many questions are you asking? What sort of questions are you asking? Are they closed or open? Are you reflecting? And how often are you slipping into advice giving? So, just tuning into those really basic key pointers that, am I helpless to harmless, to take our conversations in a more helpful direction. Your client will tell you how you're going. If you're getting arguments for staying the same, chances are you've stepped over the mark a little bit.

DR Oh, wonderful. Okay. So, we've been touching around a few as we've been talking. But one of the other things we ask people to do for these podcasts, is to talk about four key concepts for Motivational Interviewing. What are four concepts that you would pull out as really important?

TM Absolutely. And I think if you ask any MINTI, they'll all say the same. MINTI is a Member of the Motivational Interviewing Network of Trainers. It all starts with spirit, Dayle. And spirit refers to the heart of our helping, and the presence is the belief, the heart set and mindset that we bring to the conversation. And this is a really key concept for a good reason.

Because when we bring spirit to the skill, we're much more likely to be demonstrating accurate empathy. Rather than trying to make somebody change. Because we can technically use skill, listening and open questions for example, to still persuade and coax and cajole, and we want to be careful that we come back to the right heart set.

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And Motivational Interviewing applies four key words to describing, or bringing to life what we mean by spirit. Because it's a vague term and can mean thousands of things to a thousand people. First and foremost is really partnering. There's always an inherent power imbalance in our conversations with our clients. And to be aware of that and to do our best to mitigate that, as much as we can, by pulling the client forward.

The second piece of spirit is acceptance. Again, a very big word. But this holds four key pieces in itself. First of all, autonomy. Our clients are autonomous. They have the right to make up their own mind, and if you've been noticing, they do. They do go and make up their own mind. So, we want to deeply respect that. First is autonomy. Affirming. We want to look for strengths, we want to say something about it. That's in the heart of the conversation as well.

Thirdly, we have accurate empathy. And for empathy to be accurate, the only person who can tell us it's accurate is the person we're talking to. So, we need to say something back about what we're empathising with. We need feedback from the client. Have I got you?

And our final one, is absolute words. And here we meet the deep influence that Carl Rogers work has had on the development of the origins or the underpinnings of Motivational Interviewing. That we're meeting somebody within whom we're looking for the good.

Our third piece of spirit is empowerment. And this is where we want to introduce the client to the energy for growth that sits inside of them.

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Rather than instilling our power, or our motivation for them to change, we actually want to look for what sits inside them. To introduce them to their own power. To go in directions that they choose, that they identify as more meaningful. That's in our spirit too.

And our final piece is compassion. And this is where we're really truly working for the welfare of the client. And that could be a complicated thing sometimes. That's where supervision in our practice is so important.

DR Yes, absolutely.

TM And the other little one that I will add to compassion is our ability to sit with suffering. Because that's going to be helping us to quieten down our running reflex. I'm going to say a little bit more about that later. But yes, that's spirit, on our first concept. Second concept is a righting reflex. I don't know, are you familiar with that Dayle?

DR I am, and I think it's helpful to go into. It's one that we all battle with.

TM Yes. We all battle. And okay, we battle with it for good reasons. First of all, we all have it. If we work in health and helping professions, we have a righting reflex. So, righting reflex, is a that deep desire in us to see good happening in the other person. So, we'd would be useless as helpers, if we didn't have it.

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The problem with it, is it gets us telling people what to do. We're meeting with this person who is suffering. We can see what needs to happen, of course we can, we know everything. And so, we say something about that. And we say it all sorts of fancy ways. In ways that it hides, in ways that it's more of a, the challenge with this is that when a person feels ambivalence about behaviour change, and we're talking here about behaviour change.

The righting reflex is really good if you're a doctor working with a person with a broken leg. They want you to jump in and tell them. But when you're working with somebody who's feeling two ways about a change. For example, let's say stopping smoking. Then getting in there and telling them that it's going to give them cancer and they need to do it now, is going to end in a tussle.

And as I was touching on previously, in the origins of Motivational Interviewing, is if we start tussling with their reasons to stay the same, it's going to lead to more painful outcomes. So, getting to know that you have a righting reflex, it's not that you want to get rid of it, you want to harness the energy inside of you to see good in the other, in a different kind of direction.

DR That's a beautiful reframe. I'm going to take that from this.

TM Yes, oh you're welcome. I assure you it's not mine, I'm sure I was taught that by a dear MINTI colleague as well. If they're listening in, thank you. But so, righting reflex. Second key concept. Third key concept.

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I'm going to start with a question for you Dayle. So, you don't have to disclose what it is, but would you say that right now in your life, there is a thing that you could be doing differently, that would be better for you? But you don't, for some reason.

DR Absolutely.

TM Okay. So, here we meet the third key concept. And that is that here we have an intelligent well educated health professional, who knows there's something that they should be doing for themselves to be healthier or experience better wellbeing or something and doesn't. Probably because you're feeling ambivalent. I know I should, but. And so, third key concept, is ambivalence is totally normal.

DR Yes.

TM Totally normal. Expect to find it. In fact, the research says a vast majority of clients who come to us for behaviour change support are feeling ambivalent. It's rare, occasionally we meet somebody who's in action. But usually, a person is struggling for some reason. And I know I was taught in the medical model that ambivalence was some kind of character flaw. Or some kind of pathology.

And I heard myself say, and I heard so many of my colleagues say, so and so is so resistant. We're going to talk about that a little bit later. So, expect to encounter ambivalence, and MI would say, embrace it. Because it's full of the juice, that's where you're really going to find out what matters to the client.

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Fourth key concept is that change talk drives change. There it is. Gosh, the most important one. I nearly forgot it. Now what do I mean by that? Change talk drives change. It's the client's reasons for change, their ideas about it, that drive movement forward. It's not our big ideas. Occasionally we hit gold, but very rarely.

So, it's humbling to know that that expertise that we paid so much to learn, which is essential that we do know, when it comes to supporting ambivalent clients, we actually need to turn it right down.

It's the client's talk that matters. So, that's a really key concept in Motivational

Interviewing. What are their motivations and how do we turn down our headlights to help them shine?

DR As you've been outlining those concepts, I've been thinking about, a few years ago I was lucky to attend an MI training with Bill Miller, which was amazing. And one of the videos they showed, the story we got before we saw the video was, this is an actor, and it was meant to be a roleplay and they were going to talk about a particular behaviour change, I can't quite remember.

But before they started filming the therapist saw the actor smoking outside. And went, ah, I wonder, would it be okay with you if we actually talked about smoking for you? And the actor was, all right, yes whatever, fine. And through the course of the roleplay that was less than a roleplay, more of a therapy session, there was just this beautiful example of the therapist just listening and reflecting back.

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Finding that ambivalence, hearing it. Finding that change talk that you mentioned. Where, by the end of it, the actor, even though this is not what they came for, was probably a little bit more in contemplation, than they were at the start.

TM Yes. Absolutely.

DR And I always think about it. It was just this beautiful piece of work.

TM Yes, it's a powerful... Yes. The video you're referring to is The Confirmed Smoker, and it features Terri Moyers, she's one of our most senior MINT...

DR Oh, you know it?

TM Yes, I do. I teach from that video because it's such a stunning example of Motivational Interviewing. Yes, you picked a pearl Dayle. And the therapist is Terri Moyers, and she's a highly influential senior contributor to Motivational Interviewing, sitting really alongside Bill and Steve. So, it's nice to have the opportunity to acknowledge and honour her as well.

DR Yes. It was many, many years ago, and I think about it regularly.

TM You still remember it, yes?

DR I do, it was incredible. Okay, so, we're going to jump back to our resources. What is the third resource that you've brought for us today?

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TM Yes, let me just wind back and remind myself what I've already talked about. Oh yes, okay third resource, indeed. If the invitation is extended to everyone listening to join MINT Oceania. And MINT Oceania is a local chapter, comprising of MINT members in Australia and New Zealand principally. The local chapter of the international MINT organisation.

Where we have regular meetings and events, to support the development of Motivational Interviewing across the region. And in the last 18 months or so, MINT Oceania has opened its doors to non-MINT members, who would like to

join and have their MI practice supported. And we call these lovely people friends of MINT Oceania.

It's an annual fee, it's very, very reasonable. \$25 I believe. And you get free access to all of our webinars, live. You can attend live and ask questions. We invite amazing international speakers on Motivational Interviewing, and local speakers as well. And also, you have access to all of the back recordings that are hosted on the MINT Oceania website. So, I'll put that link in the resource sheet that's going to be made available, I understand, for the listeners.

DR Yes, lovely. That sounds so beneficial. A lot of the questions that we get from practitioners around the state is, how do I know that the resource is good? Which is part of what we do with our Perigrine portal. But it's also really nice to know other areas. Particularly for training, like a really solid.

TM Very solid. It's a bona fide... Exactly.

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Everyone who's a MINT Oceania member is a member of the MINT organisation. And you know, you don't just pay your dues for that. It's quite a process to become a member of MINT. Because MINT is about being genuine. Well Motivational Interviewing is about being genuine. It's a genuine conversation. And so, you really need to be able to demonstrate your proficiency in Motivational Interviewing before MI wants you to teach it.

DR And what's the fourth resource you've brought along today?

TM The fourth resource, I'm going to go a bit old school, and say, a couple of books might be a good idea. And I thought I would put forward a couple of key books. One would have to be, what I will carefully refer to as the MI Bible. Which it is the resource. It's the go to. As I mentioned, this year, the fourth edition, has come out.

And they've really tried to simplify the language, strip out the jargon and make it applicable across a lot of areas where Motivational Interviewing is now organically appearing. It's a really friendly read, and a comprehensive read. Lots of referencing if you want to do a deeper dive into research. So, I would absolutely recommend that, as the go to foundational resource.

And the second book I would recommend too, because MI is a living, breathing skill, is a practice workbook to help you to bring your MI to life. And that is a book by David Rosengren, called Building Motivational Interviewing Skills. It's in second edition, and lots and lots of practice scenarios. With examples also given by David as well. So, you can compare and contrast.

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Yes. And peppered with really nice explanations of why MI is suggesting we do things in a certain way. So that you can land your learning in simple theory. Yes, so that would be two books that I'd say, they'd be good ones to have on your bookshelf.

DR As we've been talking about, Motivational Interviewing might not be needed

with all of our clients. I can think of a few times when people have come to me absolutely ready for change. What are three signs that you might be looking out for that would suggest that engaging with Motivational Interviewing might be beneficial?

TM Well, apart from always. But that's going to be my advice obviously. But there would be three standouts. Dayle, and that's a really great question. First of all, when your client has been sent to see you, and not under their own steam, because already we have a sense of, oh this person probably doesn't want to be here.

And so, MI is going to help you step into that lovely heartfelt space, and give you some practical ideas about how to hold a conversation that doesn't actually want to talk to you. That's a difficult place to start. But first of all, if you know somebody has been sent to see you, or if they walk in and say, I'm just here because my GP told me to be. Flick on your MI. If it's already not on permanently.

If they've been sent to see you. Second, when it's not their first rodeo, when you're working somebody with a chronic lifelong presentation.

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Because chances are they've already been told what you're about to tell them to do. And nobody, and first of all, it's very rare to meet someone who likes being told what to do. But second of all, Dayle, if you've ever been told what to do, and you already knew it. Oh, wow, that's going to really grind your gears.

So, yes, when they're coming with a lifelong experience of sitting across from health practitioners, just like you. I remember when I first started working in the clinical area of eating disorders. And one of my first clients in the outpatients programme that I was working in, hadn't experienced a lifelong eating disorder and was in her 60s.

And I remember turning to my supervisor and saying, what on earth am I going to teach her? And she said, absolutely nothing. She said don't try and do that, she said, get her to teach you. It was an epiphanous moment. It was a game changer. Get her to teach you. I just dropped the need to offer her anything other than really gentle, curious ears. And I still remember that client.

My last one. Here's a really good sign to turn on your MI: when a client leaves you exhausted.

DR Oh, that's interesting.

TM When a client leaves you exhausted. Because chances are you're working harder than them. And in Motivational Interviewing we want to invite the client lovingly to step up, and work for themselves. And when we're working harder than them, it's leaving us feeling like we're banging our head against a wall, that we've got nothing left in the tank.

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That we're pulling our hair out, all of those things are signs that Motivational Interviewing could really help with, not just this client, but also you, the practitioner, and your self-care, your burnout mitigation. And the sustainability of

practice. So, yes, that would be my last one when the client leaves you exhausted.

DR All right, that brings us to your fifth resource.

TM Oh my fifth resource. What I've written on my little cheat sheet here is, go local. This gives me the opportunity to really elevate a couple of local MINT voices, who I owe an awful lot to, but also who have exceptional resources and they're really different as well. Which adds some diversity into the mix.

So, we have two Australian based MINT members, who have got a couple of resources that are just fabulous. First of all, I'm going to mention Dr Kylie McKenzie. Has some fabulous, really pragmatic worksheets on her website, which is kyliemckenzie.au. And again, I'll put that on the resource sheet that we provide.

And if you go down to her downloads, she's got, when we talk about the key principles of Motivational Interviewing, she's got some fabulous single A4 sheets, she knows how to keep it tight. Very pragmatic person.

DR I love that.

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TM Very practical. Things like change talk for example, things like the writing reflex. Things like importance and confidence scales. Which is another skill that we might use in Motivational Interviewing to pull the client forward. So, really go to great pieces of information that you can have available and at your fingertips and keep you on track. And in an Australian voice, which I really like.

And one of Kylie's encouragements which we might come back to towards the end of our chat today, is she just says, head in an MI direction. Don't caught get caught up in making your MI perfect. And I think her resources really help you to take steps in a MI direction that are really practical.

The second resource is a beautiful little book called *Somebody Good to Talk To, Reflections on Motivational Interviewing in Practice*. And unlike Kylie's pragmatic type resource approach, this book offered by Helen Mentha, who's also a local MINTI in Australia, is a beautiful piece of conversational whimsy.

It dances through all sorts of experiences of using Motivational Interviewing from Helen's perspective, that offer beautiful insights and food for thought. And to just set the tone of the book, I will read aloud the dedication that she has in front of the book.

"For everyone who gave up on the dream of owning a Ferrari and chose to support other people instead". I can really hear Helen's quirkiness and sense of humour in that dedication. And so, the book goes, this lovely little put down, pick up, book that you can dip in and out of.

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Yes. There's two really lovely local resources. And I have deep gratitude to Kylie and Helen who organised for the first Australian based Train the Trainer for Motivational Interviewing trainers in Australia a decade ago. And I was very

fortunate to go through that training, and I'm always deeply indebted, very grateful to Helen and Kylie's work, to give people in Australia the opportunity to upskill in that very special way.

DR Yes, that's so valuable. You mentioned the importance and confidence scales, and I am reflecting.

TM Yes.

DR I use those a lot with clients. And for our listeners who aren't familiar, it's when we say to our clients, on a scale of one to ten, where one is not at all important, and ten is the most important, where would you put going for a run five times a week? Or whatever their behaviour is. And they give you a number, and what I quite like about it, or at least the way I use it, and hopefully you're not about to tell me I'm wrong.

Is they'll give you a number. They'll say, oh it's about a six out of ten. And you go okay, all right. And my follow up question is, so, why a six and not a five? Because I think, in their mind, they're expecting me to say, why a six, not a seven.

TM Exactly. Yes. How come you're not better than you are? Yes. Sorry, I interrupted, keep going.

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DR No. And I usually get a little, oh, like a pause. And then it opens up this really lovely conversation about well, I've got this, I've got these motivations, I've got this skill, I've got this knowledge, whatever it is relevant. Which for me, gives me so much more to work with. And it's a very, very easy practical skill that opens a lot of doors. I really love using those importance and confidence scales.

TM Yes. there's something about those scales that really speaks to what you love about seeing your clients to come forward. And surprising them with a question that actually looks for the good in them. So often our clients are taught to expect that we're going to be searching for the deficits. Because the deficits, once they're identified, give us something to do. We can then go and fix the deficit. And the good news is Dayle, you're using it beautifully.

DR Oh wonderful.

TM Yes, you're spot on.

DR Thank you. That's nice, now I'm ten out of ten confident. So, when we're learning something new, we usually do make some mistakes before we get it right.

TM Oh yes.

DR What are two common mistakes you see people make with MI, or perhaps you've even made yourself in your learning journey?

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TM Oh yes, thank you for that invitation. Even when we're proficient MI conversationalists, we are going to make mistakes. MI is not about being perfect. And the person who will teach you about how you're doing with your MI, and this

is a quote directly from Helen Mentha, is the client. The person who will teach you is the client. Because if you listen, if you're using your resource, your ears, to really attend to what they say back.

When they're saying things like, Yes, but, or, um actually. Then you know that you might have accidentally overstepped the mark. But to come back to your question, a couple of things that I see happen in my training all the time, is as we're trying to pick out all of the new skills. Is that we overthink it. We get caught up in the technicalities of Motivational Interviewing.

And it is, when it's going well, it looks effortless. And when you're proficient, it is effortless. You can't imagine having any other conversation actually. But when you're picking up all of the elements, the invitation can be to get your knickers in a knot, so to speak. And one thing that I've seen trainees really respond to is the idea of, just pick one thing. Just start with one thing.

That's MI consistent idea as well. Our clients don't engage in a revolution of their lives. It's too much, it's overwhelming. And we can MI the development around practice, by just starting to take it slow. Where would I start. What feels right, what's a doable skill that I feel that I could pick up. Just heading in an MI direction has value, and Kylie McKenzie's research for her PhD, really underscored that. We don't have to be perfect.

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Perfectly proficient to be making a difference to our clients. So, don't overthink it, just pick one thing. Secondly, that I hear in the training, and wow, we can all do it. Is that we forget to listen. Or we forget to demonstrate that we're listening. And that's the real tragedy. We're actually doing some beautiful listening, but we're keeping it all to ourselves. What we need to do is say something back to the client about what we're hearing.

So, they can come onboard with us. How am I doing, have I got you? And they'll let you know if you haven't. So, second one, we forget to listen. We're great question askers in health. We do forget to let people know that we're trying to hear them too.

DR Yes, I think that's a very important thing to keep in mind, not just for Motivational Interviewing, but for any contact with our clients. That we're here, we're with you, we're listening.

TM Yes, what you're picking up there is, Dayle, is the non-specific skills. That this runs across all human endeavours that we wish to be helpful in, and deep listening is a gift. We can offer... It sits in the core of Motivational Interviewing, but really, it sits in any compassion-based conversation that we want to offer somebody who is experiencing difficulties in their lives.

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DR And it's a nice reminder as well, when we are trying to learn new skills, I know certainly when I've been trying new modalities, I get very in my head about the technique. And I do forget to listen, because I'm so focused on how I'm going to respond to this.

TM Yes, it rings true for you too.

DR Yes. yes. Coming back to the first mistake you were talking about, in focusing only on one thing at a time, and being kind to yourself as you're learning. Lovely. So, you did mention before, just taking one thing at away is really helpful. And we've covered a lot today. So, I imagine people's heads might be swimming a bit. What is the one thing you hope people take away from today's podcast?

TM What I'm hoping that people would take away from today's podcast is the beauty of Motivational Interviewing, and how it really works with the human condition in a way that humans want to be worked with. People lean into a good conversation. They lean into being understood. This, I think, gets taught out of us a lot in modern medical settings. Medical oriented settings.

When KPIs require certain outcomes and we're driven to do this that and the other. That's what I'm hoping, is that there's something about Motivational Interviewing that can appear natural. Because of that and because of its learnability, it's entirely possible for you to get more MI in your life if it's something that interests you. Really life affirming skill to develop. So, I'm hoping that people feel some encouragement.

DR Well, thank you so much for your time today, Tara.

It was a really wonderful conversation. I feel I personally got a lot of that, and I really hope that our listeners did as well. I hope that it's sparked some understanding for them. And just a reminder to our listeners, we'll have a list of the resources that Tara talked about, as well as the transcript of this episode to access on our learning portal, the Peregrine portal.

You can sign up for free to access these resources, as well as a whole library of other resources, other podcasts, our practice toolkits and information about upcoming training. Thank you again to Tara for being a part of this and thank you for listening.

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Outro I hope you found today's episode helpful. You'll find specially selected resources on this topic on our digital learning platform. To join the platform for free or to suggest questions or topics for further episodes, please visit our website theperegrinecentre.com.au.

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